

群馬県立県民健康科学大学大学院

看護学研究科看護学専攻（博士前期課程）

2026年度 一般選抜・社会人特別選抜試験問題

外国語試験問題

群馬県立県民健康科学大学大学院

外国語試験問題 問題用紙

次の文章を読んで、問1と問2に答えなさい。

①Elderly people in Japan are getting “younger” in terms of health, likely due to being more socially active than previous generations, according to a recent survey.

These findings came from the Japan Gerontological Evaluation Study (JAGES) ^{*注1}, which is designed to examine the health of senior citizens nationwide.

The study followed two groups of senior citizens, six years apart, to see if the need for nursing care assistance had changed between the earlier and later groups.

②It found that the more recent group showed a 25 to 27 percent decrease in the need for long-term care compared to the earlier group and attributed this change to increased social opportunities.

RISK DOWN OVER SIX YEARS

The first group study began in fiscal 2010.

③All residents of the participating municipalities aged 65 and older, who had not been diagnosed as requiring nursing care, were surveyed about their health and living conditions. Follow-up surveys of this group continued for three years.

The second group study was conducted in the same way, in the same towns, starting in fiscal 2016.

A total of 23,000 residents were included in the fiscal 2010 study, while 26,000 were included in the fiscal 2016 study.

The team monitored how many people were classified as needing nursing care level 2 or higher during the follow-up periods. The differences between the two groups and their divergent outcomes were then analyzed.

The results showed that the 65- to 74-year-olds in the fiscal 2016 survey were 25 percent less likely to require nursing care than their fiscal 2010 counterparts, when the effects

of educational backgrounds, personal medical histories and other elements were excluded.

Those aged 75 or over had a 27-percent lower risk of needing nursing care in the fiscal 2016 group.

④These findings are consistent with the results of previous studies, which revealed that elderly people were becoming “younger,” or rather, retaining their physical abilities such as walking speed and grip strength better than the previous generations had.

This recent survey has confirmed that this same trend holds true about the need for long-term care.

SOCIAL ACTIVITIES THE KEY

⑤Since socially active seniors are thought to be more likely to live without caregivers’ assistance, the research team projected what would have happened if there had been no difference in the degree of socialization between the two groups at the times of the questionnaires.

Social activities considered in this calculation included jobs and gatherings for hobbies and sports.

The team also assumed that indicators related to social participation, such as walking time and outing frequency, were the same.

The analysis results suggested that the need for nursing care would have been the same between the two groups had both been given the same amount of opportunities to socialize.

“By creating an environment where it is easy for elderly individuals to participate in society, a growing number of people may be able to stay ‘young’ regardless of age,” said Ryota Watanabe, a chief researcher of social epidemiology at Nihon Fukushi University, who compiled the research results.

The proportion of employed people in the survey increased from the fiscal 2010 group to the fiscal 2016 group both for 65- to 74-year-olds and those aged 75 or over.

The proportion of those participating in local organizations increased among those aged

75 or older, but dropped for 65- to 74-year-olds, apparently because more from that generation were employed.

⑥The team concluded that increasing opportunities to socialize and therefore take strolls, venture out and meet with friends more frequently is contributing to the expanded population of youthful seniors.

(後略)

出典 : Kenji Tamura, Senior citizens 'rejuvenated' by becoming more active and social, The Asahi Shinbun (電子版) , June 9, 2024.
(<https://www.asahi.com/ajw/articles/15277635>)

*注1 Japan Gerontological Evaluation Study (JAGES) : 日本老年学的評価研究

問1. 下線部①～⑥の日本語訳を解答欄に記述しなさい。

問2. 以下の a. b について、本文の内容と一致しているものには○、一致していないものには×を解答欄に記入しなさい。

- a. 前期高齢者が介護を必要とする可能性は、2010年度の調査時より2016年度の調査時の方が高いことが示された。
- b. 地域団体に参加している割合は、2010年度の調査時より2016年度の調査時の方が前期高齢者・後期高齢者ともに増加した。

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外国語試験問題 解答用紙 1

受験番号	氏 名

問 1 .
①

②

③

④

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外国語試験問題 解答用紙2

受験番号	氏 名

問1. (2ページ目)
⑤

⑥

問2.

a	b

得点

注 意 事 項 （外国語試験）

- 1 外国語の試験時間は、11時10分～12時40分です。
- 2 英和辞典の持ち込み及び使用を認めます（付箋等が貼られていないもの）。ただし、電子辞書の使用は認めません。
- 3 試験問題用紙の表紙が願書提出時の選抜区分であることを確認してください。
- 4 問題用紙は3枚、解答用紙は2枚です。下書きは用紙の余白をお使いください。
- 5 すべての解答用紙の所定の欄に、必ず受験番号・氏名を記入してください。
- 6 解答は、すべて解答用紙に記入してください。ただし、※印欄には記入しないでください。
- 7 問題用紙・解答用紙に不鮮明な部分や汚れなどがある場合は、声を出さずに手を挙げて、監督員の指示に従ってください。
- 8 試験中に質問や用便などの用件がある場合も、声を出さずに手を挙げて、監督員の指示に従ってください。
- 9 試験開始後は途中退室を認めません。
- 10 解答用紙を持ち帰ることはできません。
- 11 不正行為や、他の受験生に迷惑となる行為をした場合は、退場させることがあります。